

# EASY LESSONS IN WITHOUT APPARATUS

## And How to Make it Both Pleasurable and Beneficial

BY A. E. VAN DOOZER.

I hope and trust that every reader of The Times-Dispatch will make it one of his Saturday evening duties to take up the study of the lessons that this paper will contain on the subject of exercise. If you will but stop to think, there is nothing more beautiful than to have and to hold what nature has planned for you, providing you will do your part.

I am arranging these articles very carefully, in order that you will have no trouble in following out this work. I call it work; however, when you get farther along it really will be sport for you, if you will treat the work as conscientiously as you do your other daily duties.

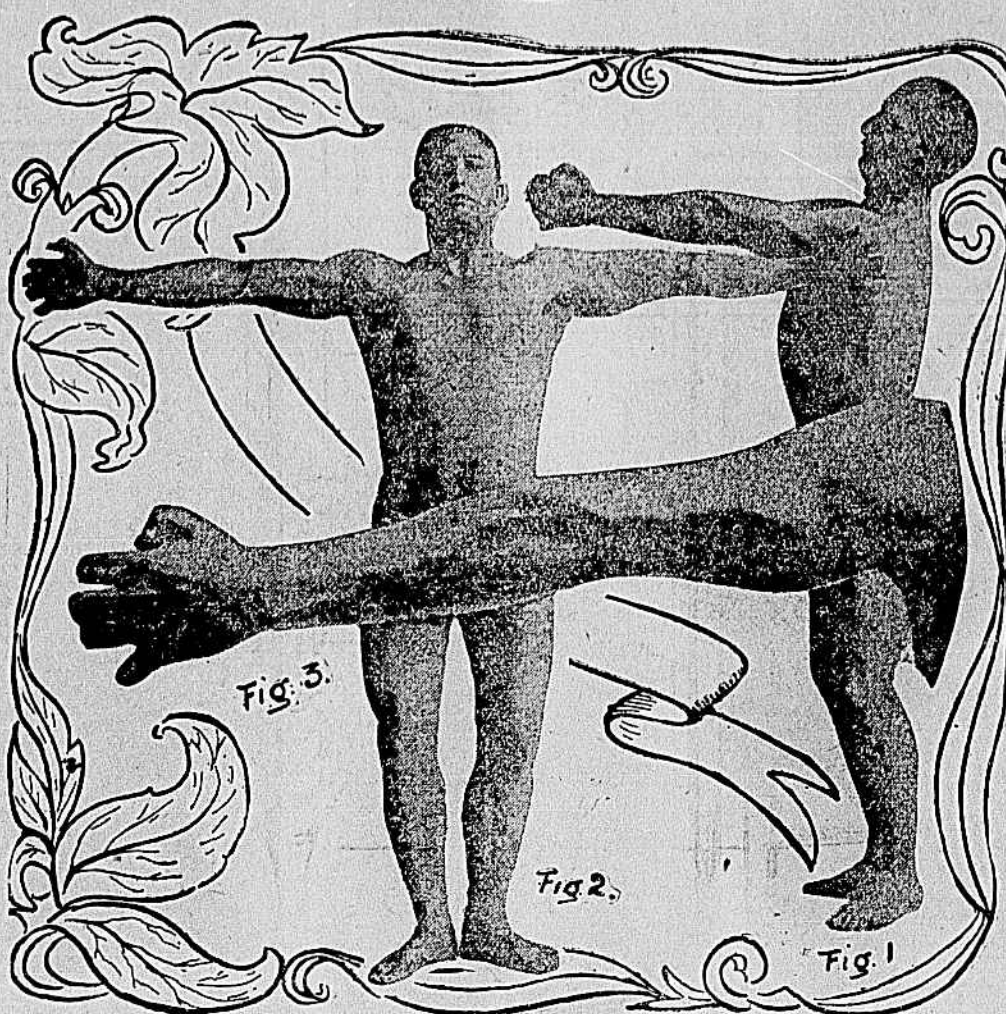
In a previous article I made the statement that "You must do this work every morning on arising; if you miss you are lost," so for your own sake and those around you, take up this work and follow it out in detail.

Beginning next Saturday, I will demonstrate two movements from then on to the end of the course, along with which I will, in very simple language, tell you how to execute the work properly and thoroughly.

The two pictures herewith shown represent movement No. 2. Figure one shows the proper position of the body when you are ready to execute the movement. Figure two shows the position of the body when you are half through executing the movement. Before explaining this movement more thoroughly to you, I want again to call your attention to the breathing methods. Do not forget that from the breathing you derive great results. Remember that you must inhale through your nose and exhale through your mouth. When inhaling, leave your abdomen muscles and diaphragm as relaxed as possible, for in so doing you make it possible to get air into every minute cell of the lungs. The minute you have your lungs inflated to their fullest extent, contract the abdomen muscles, also the diaphragm, at the same time holding your breath, when you will find that it is much easier to contract your external muscles. Remember, too, that it is very essential that you hold your back perfectly straight, as shown in figure two, for if you do not, you will find that it is impossible to give the abdomen muscles much work on this movement.

In all these movements you will find that you must keep your arms straight and rigid, holding the hands as shown in figure three.

Exercise two, figure one: To execute this movement properly, you must stand with feet firmly placed on the floor at an angle of about 90 degrees, heels touching, limbs bowed to an angle of about 15 degrees, stomach muscles contracted and chest elevated via the diaphragm, back



straight and perpendicular (this position is taken immediately after the lungs are filled). Please notice the position of the arms when you are ready to execute this movement. Hands are so placed that their palms are held toward the body. The arms are elevated in front of the body until they arrive at the position shown in figure two; after arriving at that point you are ready to force a descension in front of the body until they again arrive at position as shown in figure one.

Execute this movement twelve times without stopping, starting, of course, with the lungs full, after which contract the muscles, keeping them under tension while you are executing same. Exhale through the mouth and inhale through the nose at least once during the time you are executing the twelve movements. (You will find that it will take you about twenty-four seconds to do this movement, that being too long a time to hold your breath; so try and learn to exhale and inhale during the movement, keeping the muscles, of course, contracted.) You will find that it is very difficult to breathe properly with the muscles contracted, but if you will learn to do this, you not only strengthen your lungs, but will have increased capacity when your muscles are relaxed.

I wish to call your attention to the fact that it is absolutely essential to hold the body rigid in executing these movements. In so doing you will find that it is much easier to work the muscles than if you do otherwise. Remember that you are exercising your muscles and not your joints, so please do as I have stated.

A great many persons are of the opinion that this proposition of exercise is a long, tedious, tiresome affair, but before you are very far into this work you will find that it is just the opposite—a pleasant pastime.

If you will work faithfully at exercise one and two to-morrow morning for six minutes, using your lungs as I have explained, after which take a cold bath or a wet towel, drying yourself thoroughly afterward, you will find that you not only will feel like eating a good hearty breakfast, but as well will possess renewed vigor, which is nothing more or less than nature's kind reward for the little help you have given her.

I implore you to follow this out in detail, and in so doing you will open your eyes to the fact that medicines are worthless and doctors are needless.

Yours most sincerely,

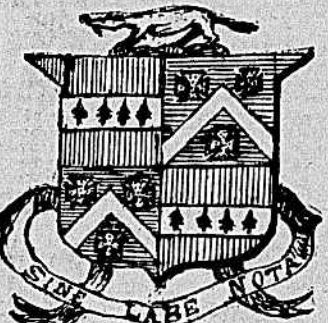
R. E. VAN DOOZER.

# THE TIMES-DISPATCH

## GENEALOGICAL COLUMN

### CRAWFORD FAMILY.

#### OF VIRGINIA.



1600.

Arthur in his Dictionary of Names, speaks of the name of Crawford as assumed by the proprietor of the land and barony of Crawford in Lenarkshire, Scotland. The extreme ancestor of the ancient family of Crawford, in Scotland, was Reginald, youngest son of Ataw the 4th Earl of Richmond. He accompanied David the first to the north and received extensive grants of land in Strath Cluys of Clydesdale, where his immediate descendants adopted the name of Crawford. The name itself was first spelled Craufurd, being Gaelic, signifying "the pass of blood," from "Cru," bloody, and "furd," a pass or way, as commemorative, probably, of some great conflict with the Aborigines.

John Crawford, of Scotland, born about 1600, died about 1670, emigrated to Virginia about 1643. He was a lineal descendant from Quintin Craufurd, of Kilburney, on the West Sea of Scotland. David Crawford, the only son of John, was born 1625, and came to America with his father, settling in St. Peter's (afterwards St. Paul) parish, in New Kent. John Crawford the emigrant, was the youngest son of Earl Crawford, of Scotland, about the middle of the 17th century. He settled first in James City county, afterwards moving to New Kent, and later being in Hanover county, when that was formed. The wife of David Crawford (1), is not known. Their children were: 1st, Elizabeth, born 1650, married Nicholas Meriwether; 2d, a daughter who married a Mr. McGuire, and removed South; 3d, Captain David Crawford (II), born 1662, died September, 1720, 100 years of age. He married Elizabeth Smith, who died at 101 years. These are the great-great-grandparents of Robert H. Smith, William H. Smith, Bettie Masie (Smith) Roder, C. T. Smith, Frances Roder, John, John Masie Smith and James Clifton Harris. Captain Harris and Mary Alice Harris, children of Jacobina Tazewell Roder, by her first marriage to Captain John, Masie Smith and her second marriage to Captain James M. Harris, all of Nelson county, Va., near Greenfield Postoffice, Captain David Crawford first lived in Hanover

county, and then, with his wife, in their old age moved to Amherst, now Nelson county. The 5th child of David Crawford (I), who died December 13, 1639. The children of Captain David Crawford (I), and his wife, Elizabeth (Smith) Crawford, were:

1st, David (III), born 1637; married Ann Anderson; died in Amherst county, 1736.  
2d, Elizabeth, born 1639; married James Martin, and settled in the forks of Rockfish River, Amherst county.  
3d, John, born March, 1701; married Mary Duke.  
4th, Mary, born March 3, 1703; married John Rodes. John Rodes and Mary (Crawford) Rodes, were the great-great-grandparents of the children of Jacobina Tazewell Roder, by her first marriage, to Captain John Masie Smith, and her second marriage to Captain James M. Harris.  
5th, Judith, born 1706; married Joseph Terry.

Sixth, Michael, born 1707, married — Captain David Crawford, son of David (2), grandson of John (I), lived in the fork of the North and South Anna Rivers in Hanover county. In 1758, some two or three years after his son David (III) had moved to Amherst, he moved and settled on Rockfish river, on the south side near the road, passing over "Duke's Gap," and near the foot of "Round Top" mountain, about one mile north of "Stony Battle," being a remarkable part of the road, where vast walls of rock are rolled up each side of the road, like giant walls. Michael, at its base, being one mile west of the house owned by Hyland Roder, David Crawford, son of Capt. David Crawford, was Commodore Vanderbilt's great-great-grandfather; Mrs. Vanderbilt was Miss P. A. Crawford, of Mobile, Ala.

David Crawford (III), son of David (II), 11, David I, John I, married Ann Anderson—their children were 13 in number.  
(1) Susanna; (2) John; (3) Elizabeth; (4) David; (5) Joel; (born Oct. 18, 1736, father of Hon. Wm. Harris Crawford); (6) Charles; (7) Sarah; (8) Mary; (9) Nathan (born Oct. 16, 1744, died 1833); and his first cousin, Judith Anderson, in 1768; grand-children of Mrs. John W. Dickinson, and Mrs. John B. Cole, of Greenfield, in Nelson county. Their father was Nelson Crawford, son of Nathan Crawford.  
(10) Peter; (11) Nelson; (12) William; (13) Ann. The Nathan Crawford farm is now (1881) owned by Samuel Woods. The children of Capt. John W. Dickinson and his wife Judith Anderson (Crawford) Dickinson, were: (1) Judith Anderson, married her first cousin, Henry Washington Martin; (2) Henry W.; (3) Fanny Cole, married Dr. Doid, of Augusta Co., Va.; Rev. Wm. Crawford, of Louisa Co., Va., wrote in his family Bible, Wm. Craw-

ford was the son of Nathan Crawford, who was the son of David Crawford, who was the son of John Crawford, a Scotchman, who came to this country in the seventeenth century, and is supposed to have been killed during Bacon's war with the Indians.

Rev. Wm. Crawford was the grandfather, and his son, Hon. Robert Leighton Crawford, the father of Mrs. P. A. Crawford Vanderbilt, second wife of Commodore Cornelius Vanderbilt. The Hon. Joel Crawford and his wife Panny (Harris) Crawford, was born in Nelson Co., Va., Feb. 24, 1772, and was taken to South Carolina in 1774. In 1783, the family again removed to Columbia Co., Ga., where his father died five years later. He was elected to the State Senate in 1802. In 1807 he was elected to the U. S. Senate. During this canvass he fought a duel with Peter L. Van Allen, a lawyer, and his antagonist fell mortally wounded. He also fought another duel with Geo. Clarke, and was himself severely wounded. He was re-elected to the U. S. Senate in 1811. When Vice-President Clinton was disabled by sickness, Mr. Crawford was chosen President of the Senate pro tem. In 1813 President Madison offered him the appointment of Secretary of War, which he declined. He accepted, however, the post of Minister to France, where he remained two years. In 1815 he asked a recall, and while still on his voyage was appointed Secretary of War. In 1816 he was appointed to the Treasury Department, and remained in that office during President Monroe's administration until 1825, when he was offered the same position in John Q. Adams' Cabinet, but declined it. Mr. Crawford returned to his home at the end of Monroe's term in 1825, and in 1827, was made Judge of the Northern Circuit of Georgia, which he held up to his death, which occurred in 1837. He died, Sept. 10, 1834, aged sixty-two years.

The arms for Crawford, which have been sacredly handed down from the 1st John Crawford in Virginia, are given in Burke's English Peerage, as for Crutford, of Scotland, described as follows: Arms Quarterly—1st and 4th, gules, a fesse ermine; 2d and 3d, azure, a chevron between three cross-pates, or, ornat, an ermine (or blue) jabe note (nothing without labor). Motto—Sine jabe note (nothing without labor).

Tallaferrero. Mr. Editor—You had an article in your paper a few weeks ago about the Tallaferrero family. May I not have a word or two about it? I have examined the court records of Essex county very carefully, and I have copies of many wills of this family. I have those of John Tallaferrero, executed 1715; Mrs. Sarah Tallaferrero, of Richmond county, executed 1717; Zachariah Tallaferrero, of Gloucester, executed 1721; Lawrence, executed 1723; John, executed 1744; and Richard, executed 1775. What I shall say may be relied on as absolutely authentic, because taken from

suits, deeds and wills. It is known that Robert Tallaferrero, "gentleman," was the emigrant. He was born about 1635; patented lands in Gloucester county 1655; with Major Lawrence Smith patented March 26, 1666, 6,300 acres of land in Rappahannock county on Rappahannock River, which county was long since abolished; died before September 23, 1682, as on that day "Francis Tallaferrero, of Gloucester county, deeds to his brother, John, son of Robert Tallaferrero, deceased, of Rappahannock county, 1,000 acres of land."

"On June 1, 1687, Robert Tallaferrero gives bond for the estate of Robert Tallaferrero, deceased, with Captain Samuel Bloomfield and John Battelle, securities." Robert, the emigrant, married Miss Grimes and left issue: (1) Robert; (2) Francis; (3) John; (4) Richard; (5) Catharine; and (6) Charles.

Robert, the oldest son of the emigrant (in 1672 there was a grant of land on the south side of the Rappahannock River, adjoining the lands "of Henry Corbin and Mr. Grimes due the said Robert Tallaferrero, junior, as the grandson of Mr. Grimes"), married Sarah Catlett, daughter of Colonel John Catlett, and Francis, his brother, married Elizabeth, another daughter of Colonel John Catlett. (September 5, 1687; Francis and Elizabeth Tallaferrero deed to John Battelle 300 acres of land, which deed recites that Colonel John Catlett "in his last will and testament did bequeath the said land to his two daughters.") After the most diligent search, this will could not be found. He left a son, Robert, who married Margaret (Buckner?) in 1711; Margaret Tallaferrero appoints R. Buckner attorney to relinquish dower in 100 acres of land sold by her husband, Robert Tallaferrero.

Francis, the second son of the first Robert, living in Gloucester county in 1682, justice in Essex 1690-1700 and died 1710 (1710 Elizabeth Tallaferrero, administratrix of Francis Tallaferrero, presented inventory of estate), married Elizabeth Catlett. He had issue: (1) Francis, mentioned in the will of his uncle, William Catlett. Nothing further is known of him. (2) John, called "John of the Mount," or "Mount John." (1725 in a lease and release of land to his brother, Robert Tallaferrero, of Stafford county, he says the land was taken up by his father, Francis Tallaferrero, in partnership with Henry Brice.) John of the Mount had two sons, Francis and John.

(3) Robert, of Stafford, whose will was recorded in Essex 1725; in his will he mentions brothers, John, William and Richard; sisters, Elizabeth, wife of Thomas Stribling, and Agatha Tallaferrero, Francis, William and Tallaferrero Stribling, sons of sister Elizabeth, and Francis and John, sons of brother John. It is presumed that he never married. (Here seems to have been the trouble in tracing the Tallaferrero family. No children were found of the first Francis, when, in fact, he had seven.)

(4) Capt. William, of K. and C. Co.; vestryman Stratton-Major Parish; Sheriff 1742-1743; died 1760, son William, executor; married Ann Walker.  
(5) Richard (July 3, 1770, died Richard Tallaferrero, Esq., of James City County in his 74th year of his age with the gout in his head. 1770 married Elizabeth Esq., and left a son, Richard, and Elizabeth, wife of Geo. Wythe.

(6) Elizabeth, who married Thomas Stribling and had Francis, William, and Tallaferrero. (7) Agatha.  
John, the third son of the first Robert, Lieutenant of Rangers against Indians; justice, sheriff, executed his will 1715; married 1692 Sarah Smith, daughter of Major Lawrence Smith (1682, Francis Tallaferrero, of Gloucester, makes a deed to "John, son of Robert Tallaferrero, deceased, of 1,000 acres of land, being about to marry Sarah Smith, daughter of Lawrence Smith"), and left issue: (1) Lawrence, captain; sheriff; executed his will 1725; married Sarah Thornton and had

Sarah, Elizabeth, Mary, Alice, John, William, Francis. (2) Col. John of Snow Creek, who executed his will 1744. (His tomb and that of his son at Hickory Neck Academy, James City county), married Mary Catlett, daughter of Capt. John Catlett, and had Lawrence, Martha, William, Lucy, and Mary. (3) Mary, married Francis Thornton. (4) Elizabeth, married John Catlett, son of 2d John. (5) Charles married Ann Kemp, daughter of Richard Kemp and had Kemp and Mildred. (6) Sarah. (7) Robert married Elizabeth Mathews, and had Elizabeth and Mary. (8) Zachariah executed his will 1721, and never married as far as is known. (9) Catharine. (10) Richard. (11) William, Richard, the fourth son of the first Robert, under age in 1682; in 1683 Francis Tallaferrero of Gloucester deeds to brothers Richard and Charles, sons of Robert Tallaferrero, deceased, of Rappahannock county, 1,000 acres of land; 1711, Sarah Tallaferrero, wife of Richard Tallaferrero, makes Charles Tallaferrero attorney to pass dower in land (800 acres), bequeathed to my husband by brother Francis Tallaferrero, married Sarah, whose will was executed in Richmond county, 1717, and left issue Richard, Catharine, Sarah and Martha.

Catharine, the only daughter of the first Robert, married 1687 (1st wife), John Battelle. (In 1689, Charles and Catharine Tallaferrero choose their brother Robert their guardian.)  
Charles, the fifth son of the first Robert, whose will was executed March 1734, married Mary (Thornton?), and had one son, Charles, who died before his father. The son married Sarah, and left three daughters, Mary, Sarah and Catharine. (On May 11, 1711, Mary, wife of Charles Tallaferrero, makes brother Richard Tallaferrero attorney to pass dower in land (800 acres) bequeathed "to my husband, by brother Francis Tallaferrero."

These are the beginnings of the family, but it has now spread from ocean to ocean and from Canada to the Gulf.

### Correction.

Bedford City, Va., October 16, 1905.  
Mr. Editor—The Sunday Dispatch has been received, and I am sorry a mistake occurs in the paragraph about the Bacon and Burwell families. The name Kingsmill spelled Kingswell, which destroys meaning. I wrote the name, Kingsmill to show how easily it might have been changed to the present King's Mill. Respectfully,  
LETITIA M. BURWELL.

The above was a typographical error, as it was printed from the original letter.  
E. C. M.

### QUERIES AND LETTERS.

#### Marshall.

Editor Genealogical Column:  
Will you kindly tell me through your genealogical column the names of the children of Colonel Thomas Marshall, of Revolutionary fame, and father of Chief Justice John Marshall, of Virginia, and whom they married, and greatly obliged.  
Yours truly,  
Mrs. E. O. K.

The sons of Colonel Thomas Marshall (3), were 1st John (the Chief Justice, born in Fauquier, 1756); 2d, James Markham, born 1754, in Fauquier; he went to Kentucky, and returned to Virginia, 1796, and married Hester Morris, daughter of Robert Morris, the great financier of the Revolution; 3d, Alexander Keith, born in Fauquier, 1791; he too went to Kentucky, became a noted lawyer and author and died there, 1832; 4th, Louis, born in Fauquier, 1773, and died in Kentucky, 1805. He studied medicine abroad and became eminent as a physician, and was said to be more eminent in natural talent than his brother, the Chief Justice.  
We do not know the names of the

daughters of Colonel Thomas Marshall, at this writing, nor whom they married, or the wives of all his sons; this will be given in our next.  
E. C. M.

#### Johnson.

Editor Genealogical Column:  
Dear Sir—Colonel Richard Johnson, member of the Colonial Council, 1696, had a son, Thomas, member of House of Burgesses, 1766, who married Anne Meriwether, daughter of Nicholas Meriwether. Their son, Thomas Johnson, married Ursula Row. They had a son, David, who married Mary Berryman. I desire information of David's children. Any date you or any of his descendants can give, I shall greatly appreciate.  
Respectfully,  
M. J. S.

Lynchburg, Va.

#### Dark.

E. C. M.:  
Dear Sir—Can you or any of your readers give the name of General William Dark, who was a member of the House of Burgesses? Also what can be ascertained of his father, William and Samuel Dark came on the "Welcome," with William Penn. Samuel settled in Philadelphia; William in Bucks, Va. General Dark is said to have been born in Lancaster county, Pa., 1736, and to have come to Virginia with his parents. Was he a grandson of Samuel Dark, who married a daughter of Robert P. Stapleton?  
R. D.

Can any of our readers supply the above information?  
Cosby.

A correspondent desires information of this family. There are Cosbys now living in Hanover and Louisa counties, Va. Perhaps the county records of Louisa may furnish information of this family. Examination of the minor records will show that more than a century ago there were two Misses Cosby (sisters), who each married a Mr. Minor. These Messrs. Minor were brothers of each other, and were the sons of John Minor and Sarah Carr, his wife. Sarah Carr was daughter of Thomas Carr. It was John Carr (not Thomas Carr) who married first Mary Dabney, and second Barbara Overton. One of these Mrs. Minors (nee Cosby) left several children, only one of whom (a daughter) married and left descendants. The other Mrs. Minor (nee Cosby) left descendants also, some of them distinguished.  
READER.

Waddell.  
Dear—Will you kindly give me a short history and arms of the Waddell family of Virginia at an early date as possible, and oblige.  
Very respectfully,  
F. W. H.

Raleigh, N. C.  
To go into a full history of this interesting family is more than we can do at the time. The name Waddell was first called Waddell. They came originally from Ireland, settling first in Pennsylvania. James, the celebrated blind preacher, was born in Ireland in 1739. James and Anne Walker, he eventually came to Virginia with his noted son, David, and in 1755 settled in Louisa county, where he taught school, to whom Madison, Monroe and Jefferson attended. He married and had several children; one of his daughters married the Rev. Archibald Alexander, many of his descendants are to be found in Orange and Albemarle counties, a list of whom we hope to gather up. Hugh Waddell was born in Ireland in 1734. He emigrated to North Carolina in 1763, and was in the Revolutionary army. Many of his descendants are there, and will be brought out in an early issue.  
E. C. M.

#### Power.

In an old Bible I find "John Power, born December 13th, 1748." He was twice married. His children were Henry F., William B., John, Elizabeth, Edward, Anne, Henrietta, Letitia, Unity, Richard, Cynthia, Stephen, Nathaniel, Samuel, Thomas, Mary. Will be glad of any information relating to antecedents of John Power.  
SUBSCRIBER.  
Much concerning the Power family is in Henning's Statutes, where John, James

and Joseph Power are mentioned. Also their descendants are found in Spotsylvania records from 1744 to 1750. As soon as we can get time they will be produced.  
E. C. M.

#### Daniel.

Editor Genealogical Column:  
Dear Sir—An article from your paper was sent me some time ago, giving a short, but interesting sketch of the Daniel family of Prince Edward county, signed "T. S. S." I hope "T. S. S." is a subscriber to your paper, and that she will read this article, and reply to it, as I have some very interesting records on the family. I would gladly give her, if she will communicate with me, by mailing a letter to Mrs. W. S. C. No. 15 Maryland Avenue, Annapolis, Md. The writer of the article says, "Captain John Daniel, who married Mrs. Sarah Cunningham." As I am a great-great-granddaughter of this John Daniel, naturally I am anxious to obtain more about him. When was he born, and where does history refer to him. I have also a record of a John Daniel, captain of militia, 1795, of Charlotte county, Va. Could this be the same as the one of Prince Edward county? Who were the parents of John Daniel? He died in 1830. Some of his descendants removed to Green county, Ga., and many live there now. There are also relations in Madison, Ga., Columbia, Ga., (Redds), and Birmingham, Ala. I am a descendant of Sarah Daniel, who married Floyd Stewart. I have always been told two Cunningham sisters married two Daniel brothers. I found a record of William, who married Hannah Cunningham, a daughter of James Cunningham. Do you think it probable John Daniel's wife was named Cunningham, and that she was not a widow. I hope all the Daniel connections who may read this, will kindly assist me, and I shall be only too glad to furnish them with any collection of papers, hoping this to be of benefit to each other.  
Mrs. W. & C.

Walden.  
Mr. Editor—If possible will you please give any information concerning Gustav Wallenstein Walden, or James Adolph Walden or any of their descendants. They were born 1824, and 1830, respectively. Their father was with the firm of Lucke and Sizer.  
Any information any reader can give, will be greatly appreciated.  
J. M. L.

#### Maury.

Editor of the Genealogical Column:  
Dear Sir—In your article on the Maury family last Sunday, you say that the wife of James Maury (3), Mary Walker, was the daughter of Colonel Thomas Walker. Is that correct? And if so, will you please give anything you know of his ancestry and of his wife?  
But were not Mary Walker's parents James and Anne Walker? Miss Sally Jacqueline Davidson has published records copied from Hite family Bibles, which say so. These records also find in William and Mary College Quarterly.  
Please straighten this out for many interested Maury descendants. Also, can you or any of your readers give the identity of Molly Grymes, wife of Rev. Walker Maury, son of Rev. James and Mary (Walker) Maury?  
Yours truly,  
W. T. WILLIAMS, JR.  
Waynesboro, Va.  
Answering the above letter, will say that "James Maury (3)" as mentioned was son of the first James, and was consular to Liverpool. We think we are right when we say that Mary (3) married Mary Walker, daughter of Colonel Thomas Walker, of King and Queen, who was grandson of the first Thomas Walker, of Gloucester county, there being three Thomases in succession. In the Rev. Mr. Slaughter's book he gives a Mary Walker as daughter of Robert Walker, of Brunswick county. Perhaps this may be the one referred to by Miss Davidson.  
D. C. M.